

STAMP CERTIFICATION

Name of Junior _____

I completed this passport on _____ date _____.

My Junior leader, _____ name of leader/mentor _____,

of _____ Junior Grange # _____ in _____ state,

(or, if a 1+ Junior member, my mentor is a member of

_____ Grange # _____ in _____ state.)

approved my stamp on _____ date _____.

Junior Leader Signature _____

NOTES ON STEPS/STAMP WORK



Chef

Career Readiness

#75

DIFFICULTY LEVEL



AUDIENCE

Designed to be completed sequentially as Juniors grow, with culmination after Junior member has achieved at least a third-grade reading level and understands internet research. *To earn the stamp, all steps must be completed but need not be done in order.*

NECESSARY RESOURCES

Internet access, printer and printer paper, kitchen and cooking supplies

LEARNING OBJECTIVES

The purpose of this passport is to educate Junior Grangers about a career as a chef, cooking, baking, meal planning, and nutrition.

LEARNING OUTCOMES

Upon completion, Junior Grangers will be able to:

- Use creativity to engage with the topic
- Understand the five major food groups
- Learn meal planning
- Develop table manners
- Learn basic kitchen safety
- Practice cooking and baking skills
- Practice interview skills

Step 1. Design your future restaurant on pages 1 and 2 of the Chef Career Passport Worksheet

Date Completed: _____

Step 2. Learn about healthy eating! As a chef, you should know how to make food that keeps your customers (and yourself!) healthy. Watch this video and play this game.

<https://www.youtube.com/watch?v=L9ymkJK2QCU>

<https://www.healthyeating.org/products-and-activities/games-activities/myplate>

Date Completed: _____

Step 3. Make a meal plan. Find a cookbook or go online, and pick recipes to make for a 3-course meal to serve to your family/friends. Try to use what you learned in step 2 to make a balanced meal! Fill out pages 3 and 4 on the worksheet:

Date Completed: _____

Step 4. Using page 3 from the worksheet, look at your Ingredients Needed list. Find all the ingredients you already have in your kitchen. Check those off, and add the ingredients you don't have to the Shopping List on page 5. Categorize them by their food group.

Date Completed: _____

Step 5. Go grocery shopping with an adult and find all the ingredients on your Shopping List

Date Completed: _____

Step 6. Learn how to prepare and eat your meal. Watch these videos:

- Kitchen safety:

<https://www.youtube.com/watch?v=KL9r9q9n20A>

- How to set the table:

<https://www.youtube.com/watch?v=IAFxDo21Ebs>

- Table manners:

<https://www.youtube.com/watch?v=SEhT6HQ2HjU>

Date Completed: _____

Step 7. Make your meal! With an adult, cook your meal, set the table, serve your guests, and eat your masterpiece! After you eat, clear the table and clean the kitchen.

Date Completed: _____

Step 8. Get your meal critiqued by food critics. Interview your dinner guests with the questions from pages 6-8 and record their answers.

Date Completed: _____

Guests interviewed: _____

Step 9. Quiz yourself and reflect on your chef experience by filling out pages 9-12 on the worksheet.

Date Completed: _____